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Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FEATURES



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First-time home buyers find rewards outweigh obstacles.

ON THE COVER

Friendship Ark resident Craig Morgan stands at the new home's energy-efficient windows. By Amy Vinchattle/Facets

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PHONE: (515) 232-2160 **ADDRESS:** 317 Fifth St. Ames, IA, 50010

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There's no place like home

The bare walls and still-unpacked cardboard boxes stacked and shoved to the corners of my living room were not what my sister was expecting when she visited me at the apartment where I was living for just shy of a year.

I have always been a procrastinator, and I never have been organized. This should not have come as a shock that rippled through the rest of my family.

I was busy, I said.

Truthfully, I had gotten used to moving and didn't want to create extra work for myself.

Since I graduated from college in 2002, I had moved from Dubuque to Charles City to Nashua to Davenport to Milan, Ill., to Rock Island, Ill., to Muscatine and then to Ames.

Eight residences. Seven years.



JENNIFER MEYER

Four jobs.

I'm not particularly restless. I was just working to advance my career.

It didn't bother me until I realized that no place felt like home anymore.

Though my dad, grandmas and extended family still live there, Dubuque doesn't feel like my hometown. I know the streets, but I haven't lived there since 2003.

My family moved from my childhood home when I was 15

and my parents divorced. Sometimes I think about my mom cooking dinner in the Hansel-and-Gretel-style oven that terrified us as kids or hiding during a tornado warning in the crawl space where Santa hid presents — quirks about a house that gave it character and made it feel like home.

Going to my mom and stepdad's house in Rock Island probably comes closest to that feeling. Despite the two months I lived with them and learned that adult children should never live with their parents — regardless of good or logical reasons — that house is where we celebrate as a family.

My apartment is just big enough for me and my two cats, so we don't exactly fill it with memories when my family visits. But after my sister left, I started thinking about making my apart-

ment at least look a little bit more like home.

I admit I did not unpack all the boxes, but I unpacked some and moved the rest from the corners into a closet.

I bought some matching furniture, and artwork for the walls. In the last year, I also bought a headboard (which totally makes you a grown-up) and my first brand-new sofa set.

Of course, I also had to get pillows, candles, vases, photo frames and all that other stuff we women love to fill our living spaces with.

It's still not completely home, but at least it won't be confused with a 24-year-old bachelor's pad. ♦

Reach Facets Editor
Jennifer Meyer via email
at jmeyer.facets@gmail.com.

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NCAA TOURNAMENTS

Go Cyclones!
— Cindy Doolittle, Story City,
member service representative
at Premier Credit Union



By Frank Ockenfels/AMC

'MAD MEN'

The wait is finally over! Season 5 of "Mad Men" launched March 25. Miss the first episode? Don't worry. There is one more encore showing of the two-hour season premier, "A Little Kiss," on AMC at 6 a.m. Sunday, April 1. The show is also available through video-on-demand if you have cable.

— Jennifer Adkisson, Ames, Facets designer

PHOTO BOOKS

Making photo books on Shutterfly to give as gifts at approaching graduations and weddings is fast and easy. I love them!

— Debra Atkinson,
Ames, Facets contributor

BURNING CALORIES

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— Peggy Best, Ames,
Facets contributor

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— Karin Chitty, Ames,
office manager at
Converse Conditioned Air



SPERRY SHOES

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— Haley Pick, Ames, customer service representative
at First National Bank

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Green house

Benefits of energy-efficient house go beyond savings

BY KATHY HANSON

When Clark Kruse moved into the new Friendship Ark home at 1305 California Ave. last July, staff members thought they picked the perfect spot for his recliner in the living room.

It didn't take Kruse long to assert his own preference. Claiming a patch of the sunlight pouring through the living room's bank of south-facing windows, that's where he planted his chair.

"He hasn't budged since," Executive Director Mary Beth Oostenbrug said.

Oostenbrug said she hoped staff and residents, called core members, would appreciate the home's

energy-efficient lighting and heating and cooling systems. She said she didn't expect the windows to become the home's favorite feature.

"The natural light is so nice, (we) hardly ever need to turn on any of the lights in the daytime," Oostenbrug said.

Matt Phillips of HCS Builders said new building codes, materials and technology, spurred largely by the federal ENERGY STAR program since 2004, make going green with a new home so easy customers don't even have to ask for it.

From basement to roof, every square inch of new home construction has improved in energy efficiency, durability and reduced toxic components, he said.

"The core members rarely stay in their rooms now. They're comfortable no matter where they are in the house. But most of all, they like gathering out here in the living room where the light is so nice."

— **Laura Dolan**, Friendship Ark supervisor



By Amy Vinchattle/Facets

Friendship Ark assistant Chelsea Apland, left, reads to resident Clark Kruse at the new Friendship Ark home at 1305 California Ave. The windows, one of the home's environmentally-friendly features, are a resident favorite.

'ONE OF THE MOST EFFICIENT WE'VE EVER BUILT'

The windows are just one design feature of the new Friendship Ark home that Oostenbrug entrusted to Alan Christy, a principal at HCS Builders.

"HCS built the Friendship Ark home on Kansas (Drive) about eight years ago," Oostenbrug said. "It's worked so well for us, we knew (Christy) would incorporate the right features for this home."

Christy said the home on California Avenue, custom-built for Friendship Ark to house five core members with intellectual disabilities, is "one of the most efficient we've ever built."

Besides the windows, the house incorporates 100 percent light-emitting diode, or LED, bulbs and energy-efficient heating and cooling, siding, insulation, and appliances.

Oostenbrug said she hasn't compared utility costs between the Kansas Drive home and the California Avenue home, but she has stacked the California home's utility bills against those of the older home across town it replaced.

"We've cut the cost of utilities by 58 percent each month since we moved in," she said.

INCREASED INSULATION, AIR SEALING

Chuck Haselhoff, who owns Haselhoff Air

"We've cut the cost of utilities by 58 percent each month since we moved in."

— Mary Beth Oostenbrug,
Friendship Ark executive
director

Solutions, said one of the biggest improvements in energy efficiency is hidden from sight.

"We've learned the importance of air sealing systems," Haselhoff said. "There used to be a lot of wasted heating and cooling before the air got to where it was supposed to be. Now we're sealing all the ducts."

Haselhoff said although 92 percent furnace efficiency has been standard for years, with some pushing 98 percent, the heating and cooling system is only as efficient as the rest of the home's structure.

Shannon Moe, head estimator at Kinzler Construction Services for 11 years, is also a home energy system rater and building envelope thermographer. It is his job to model,

test and certify the energy performance of new houses and troubleshoot those in older homes.

Moe said a house built last year to ENERGY STAR version 2.0, a common standard, is at least 15 percent more energy efficient than one built to the 2004 energy code ENERGY STAR 3.0, which became effective in January, will boost energy efficiency even higher.

"Much of this increase in efficiency is attributable to increased insulation values and/or more attention to the insulation and air sealing process," Moe said.

Builders now use more insulation; they're shifting from fiberglass to sprayed or blown insulation; and they're paying greater attention to proper installation techniques and details, he said.

Moe said homeowners can choose from an array of insulation choices, and contractors should help them determine what type of insulation is best for the structure, its usage and construction, and the project budget.

Haselhoff said for all its benefits, sealed-up air presents its own set of challenges. Heat recovery ventilation systems, however, can be installed for a cost of about \$1,500 to bring a continuous supply of fresh air into the home while exhausting an equal amount of contaminated air.

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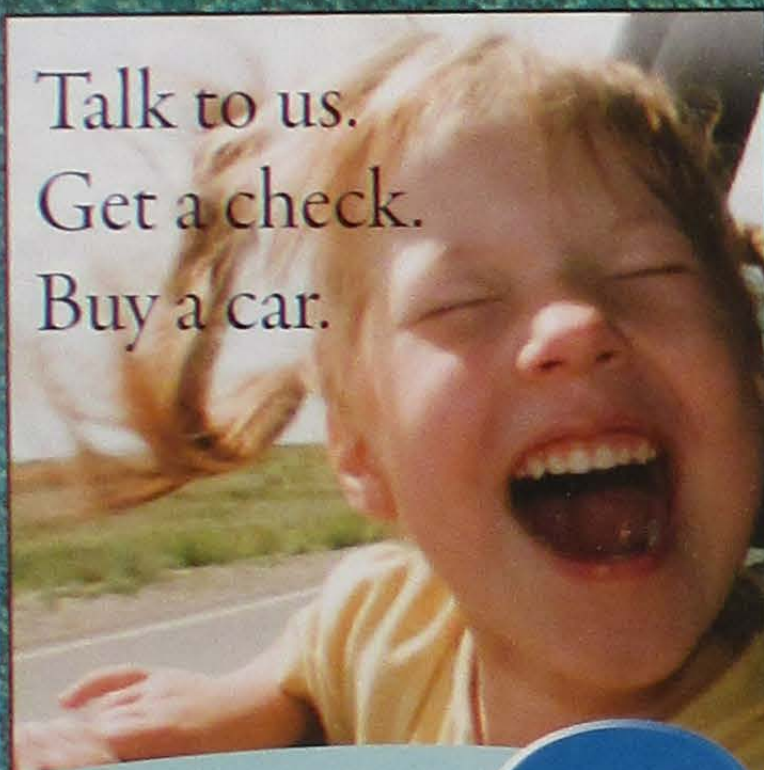
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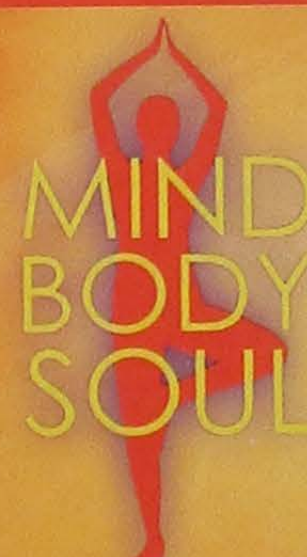
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GET THE GREEN LIGHT

Besides the windows, the Friendship Ark house on California Avenue incorporates 100 percent light-emitting diode, or LED, bulbs. The chart below shows the advantages of LED and CFL lighting.



Elemental LED



Jupiter Images



Hemera Technologies

Light bulb projected lifespan

Watts per bulb (equivalent 60 watts)

Cost per bulb

KWh of electricity used over 50,000 hours

Cost of electricity (at 10 cents per KWh)

Bulbs needed for 50,000 hours of use

Equivalent 50,000 hours bulb expense

Total cost for 50,000 hours

LED

50,000 hours

10

\$35.95

300-500

\$50

1

\$35.95

\$85.75

CFL

10,000 hours

14

\$3.95

700

\$70

5

\$19.75

\$89.75

incandescent

1,200 hours

60

\$1.25

3000

\$300

42

\$52.50

\$352.50

Source: eartheasy.com

Oostenbrug pointed out the California house's Life Breath Total Recovery Ventilator. She said it helps keep temperatures even and prevents stagnant air.

"It adds a lot to the home's overall comfort and livability," she said.

IMMEASURABLE BENEFITS

Supervisor Laura Dolan said the energy-efficient features of California house add up to benefits that can't be measured in dollars, BTUs or pounds of carbon dioxide.

"The core members rarely stay in their rooms now," she said. "They're comfortable no matter where they are in the house. But most of all, they like gathering out here in the living room where the light is so nice."

Core member Craig Morgan agrees. Although he is fond of his room, decorated in John Deere green right down to its bedding, he is now more likely to be found sitting in a chair next to Kruse in the living room.

"I like to sit and crochet in the big room," he said. ♦

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GO GEOTHERMAL

ENERGY STAR says geothermal systems are more than 45 percent more energy efficient than standard options.

About 50 percent of HCS customers in Story County ask for geothermal systems and about 10 percent decide to install them, said Matt Phillips, of HCS Builders.

"It always comes down to price," he said. "Depending on the size, it could be \$8,000 to \$12,000 or more."

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By Amy Vinchattle/Facets

Friendship Ark resident Craig Morgan stands at the new home's energy-efficient windows.

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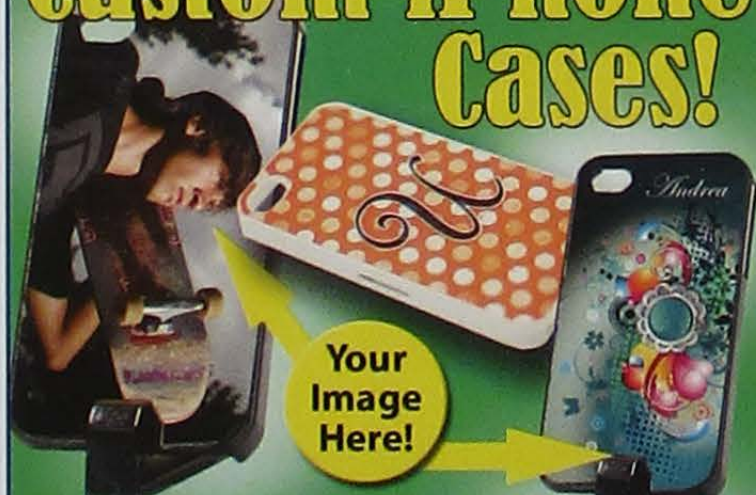
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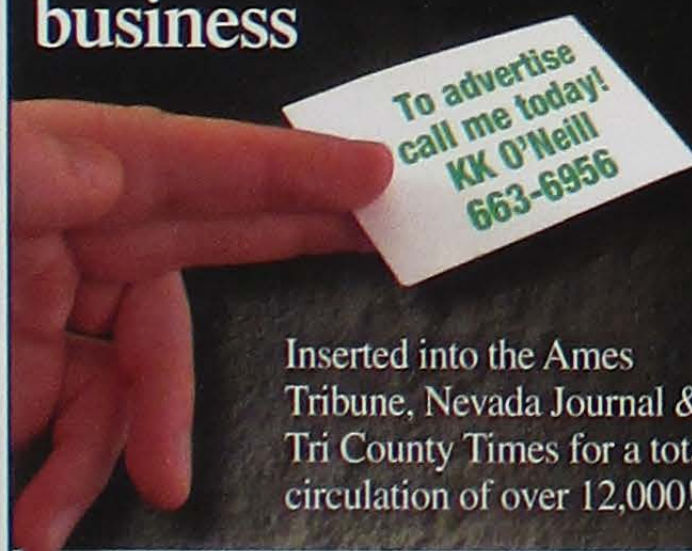
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SOLD

First-time home buyers find
rewards outweigh obstacles

Caleb and Jennifer Grundmeier browsed listings for a year before they contacted a Realtor friend who helped them find a house in Roland that fit their wish list.

The house backs up to farmland and boasts a large backyard for their two very active dogs. It was just the right size for Caleb, 27, and Jennifer, 26, and was less than 15 years old.

But finding the right house and buying it, even with the benefits of the First-Time Home buyers tax credit, was just the beginning.

"There's more to being a homeowner than just paying the mortgage," said Caleb. "Even with a fairly new home, there is still a lot of maintenance and upkeep."

The house seemed perfect during showings and inspections. Once the Grundmeiers moved into the house, however, they encountered some problems.

"(They were) issues that really only become apparent after living in the house and observing the quirks that the house had," Caleb said. "When you own your own home and something breaks, you can't just call the landlord to come take care of it. It's the same with snow removal and lawn care. When we lived in our apartment, it was always just taken care of, and we never really appreciated it until we had to take care of it on our own."

He and Jennifer lived in a small two-bedroom apartment after graduating from college and finding stable jobs.

"We decided we would rather be putting our money toward something tangible," Caleb said.

They purchased their house in February 2010, but "moving our stuff in is what made it first feel like home," Caleb said. "We've added some wall furniture and wall decorations to really show our personality."

Jennifer said decorating for the holidays really helped the couple settle into their new house.

"Putting up Christmas decorations really makes it feel like home during the holiday season," she said. "And it's fun to put up a big Christmas tree and put lights on the house."

Outside, Caleb and Jennifer put up a privacy fence, so their dogs could run around the backyard, and planted a few trees. The Iowa State alumni also quickly put up an ISU mailbox.

For first-time home buyers Christa Hoffman, 33, and Dan Bina, 32, it was not what they added, but what they removed from their new house, that started making it their own.

"I love being a homeowner," Christa said. "You can paint; you can take down ugly wallpaper."

The first thing to come down, she said, was some "God-awful" wallpaper.

"That was the most visible change; the wallpaper was hideously ugly," Christa said, laughing. "After we put up some ceiling fans, (we) were really able to let ourselves come through (in) the updates."

Christa and Dan closed on their home in Jewell on Sept. 29, 2011, a year before they are to be married.

"We wanted the closing date to be on our anniversary," Christa said.

Before moving in together at the house, Dan lived in an apartment and Christa in a townhouse, both in Ames.

"We purchased an acreage because we wanted more privacy and more space," Christa said. "We didn't want to have people living right on top of us."

The location of the house in Jewell appealed to Dan, who works in Radcliffe, and Christa, who works in Ames. They originally looked for houses northwest of Ames, but prices ran high.

"We opted for something a little farther away, but still close enough to where we didn't have such a long commute," Christa said.

She and Dan knew they wanted a house that was modern, but could be upgraded without investing too much time and money.

"We ended up buying a house that was built in 1958," Christa said. "We're doing some major overhauls on it, like taking down some grain bins, putting in insulation, replacing windows and rewiring."

Christa advised talking to other homeowners before taking on renovations so you know what to expect.

"I love being a homeowner, but you have to know you want to put in the time and effort," she said. "If that's what you want, you'll love the time you spend doing (renovations), but if not, you'll regret it."

Both couples agree the rewards outweigh the obstacles.

"It's going to be yours once it's all said and done; it's really, truly yours," Christa said. "That's when you can really make it your home."

Caleb Grundmeier agreed.

"Even with all the challenges," he said, "being a homeowner is a lot of fun and very rewarding." ♦

Reach Roxanne Dass via email at rdass43@gmail.com.



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Dental laser reduces pain

A dental laser, with uses ranging from fixing cavities to preparing teeth for crowns and root canals to placing implants, is reducing pain and accelerating recovery for patients.

The laser system, called VersaWave Specialty, from HOYA ConBio is a new dental tool that uses laser energy to perform a variety of dental procedures with fewer shots and less anesthesia.

My patients at Ames Center for Cosmetic and Family Dentistry reported leaving the appointments pleased their jaws were not numb, and feeling better than expected. Plus, tissue that used to take weeks to heal now heals in a few days with little or no pain.

Every once in a while, a new product comes along that makes me ask myself, "How did I ever get along without it?" The dental laser is just that technology.



AMIE ROCKOW-NELSON

Ames Center for Cosmetic and Family Dentistry started using laser dentistry last October. Only about 3 percent of dentists in the United States have the technology right now, but it is sure to grow in demand.

Anyone who needs dental work but is putting it off due to fear of pain and discomfort should consider visiting a dentist who uses laser-assisted dentistry.

Laser dentistry helps correct periodontal problems with more accuracy and helps repair cavities painlessly, often without additional numbing devices.

Studies have shown lasers can be less traumatic than the drill for patients. The laser provides a quick and unique cutting action that is precise and gentle, so it preserves healthy teeth or gums around decay or diseased gums. It is an approach that is minimally invasive.

Laser-assisted dentistry is also quieter. With no drilling sound, the laser also gives us the advantage of providing excellent care with maximum patient comfort. ♦



By Ames Center for Cosmetic and Family Dentistry

Laser-assisted dentistry can increase patient comfort and decrease recovery time for a variety of dental procedures.

Amie Rockow-Nelson, DDS, dreamed of setting up a dental practice in Ames, home of her beloved Cyclones. She received degrees from Iowa State University and Creighton Dental School before realizing her dream in 2001 by opening her own practice, Ames Center for Cosmetic and Family Dentistry.

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beauty | **SERVING OTHERS**

Why I love the beauty business

I have been hanging around salons my whole life. I worked the front desk, sanitized combs and brushes, swept up after haircuts, removed end wraps from perm rods, and washed color bottles.

I cleaned my family's salons as a part-time job in high school, but decided I was not a good fit for the world of a stylist. Yet here I am, the co-owner of a beauty school, a former owner of multiple salons and a consultant to salons, schools and distributors, not to mention the daughter, sister, aunt and mother of cosmetologists.

The truth is that while I don't have a license and I do not do the work of these professionals, I enjoy their energy, their passion for the work and, especially, their devotion to serving others.

When I ask prospective students during the admissions process why they want to be in this profession, nearly all say they love making people feel good about themselves. That is a powerful statement from an 18-year-old who may not have even figured out she can make a living doing just that.

"If you don't love serving others, don't go into this career," Becky Nelson, a stylist who once worked with Finesse at its Welch Avenue and Green Hills locations, used to tell newbies. "If you're too good to do this work serving others, you'll never make it here."

I love the passion of the four educators from Trend Setters School of Cosmetology in Cape Girardeau, Mo., who spent a day in February at PCI Academy learning how we help future industry professionals find their way into the business of beauty.

I love that one of the graduates of our first class of 1978 came to a continuing education class to continue her professional growth. She was Suzy Fitz then, and now works at JC Penney salon and serves clients at Northcrest.

I love that the stylists never stop learning, and I love to learn from them. I had the good fortune to work with my mom as my boss, my mentor and my friend, and I am forever



**MARY CLARE
LOKKEN**



By BananaStock

Beauty professionals help us move through life just a little more beautiful and happy with ourselves.

er grateful to all of the Finesse and PCI staff who worked with us in these companies. When my mom said "the girls," my sister and I had to listen to figure out if she meant us or the staff.

When you experience the services of these licensed experts in hair, skin, nails and massage, enjoy the experience and their passion for fashion, fun and service. It is a gift beyond price what they do for us as they help us move through life just a little more beautiful and happy with ourselves. They are there for our weddings, our child's first haircut, our daughter's prom and finally to comfort us on our losses.

I guess the real reason I work in this industry is that we change lives daily and love doing it. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

The perfect tool to help you eat right: **Your plate**

There is an easy tool in your kitchen cupboard that can help guide you to the right foods and the right portions for better health. It's your plate.

Try using a nine-inch plate as a way to reduce portion size and calories. Fill half with vegetables and/or fruit. Fill one-quarter with lean meat or protein, including poultry, seafood, beans and peas, eggs, processed soy products, and/or nuts and seeds. Fill one-quarter of the plate with grains, eating whole grains as much as possible. Add one serving of low-fat milk, nonfat yogurt or cheese.



AMY CLARK



U.S. Department of Agriculture

WHY DOES MYPLATE WORK?

By filling half your plate with colorful fruits and vegetables, you get many powerful health benefits, including:

- Nutrients that are under-consumed by many Americans, such as folate, magnesium, potassium, fiber, and vitamins A, C and K.
- A reduced risk of chronic diseases such as heart attack, stroke and certain types of cancers.
- Maintenance of healthy weight, because most fruits and veggies are low in calories and high in fiber.

HOW CAN MYPLATE WORK FOR YOUR FAMILY?

Family dinner:

Grain and protein: 1 cup whole wheat spaghetti noodles topped with ½ cup meat sauce

Vegetable: 1-2 cups leafy green salad with cherry tomatoes

Fruit: 1/2 cup broiled pineapple for dessert

Dairy: 8-ounce glass of skim milk

Brown bag lunch sandwich:

Grain: Two slices whole wheat bread

Protein: 2 ounces turkey

Dairy: 1 ounce low-fat cheese
Vegetable: layer sandwich with fresh vegetables (green pepper, spinach, tomato, onion); side of baby carrots
Fruit: Two clementines

Quick Breakfast Parfait:

Grain: 1/4 cup granola
Protein: sliced almonds
Fruit: berries
Dairy: 6 ounces nonfat yogurt
Layer yogurt, granola, berries and almonds. Enjoy a banana on the side.

For more information or specific information on MyPlate, contact your Ames Hy-Vee dietitians, Amy Clark at aclark@hy-vee.com and Laura Kimm at lkimm@hy-vee.com. ♦

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at 1013Dietitian@hy-vee.com.

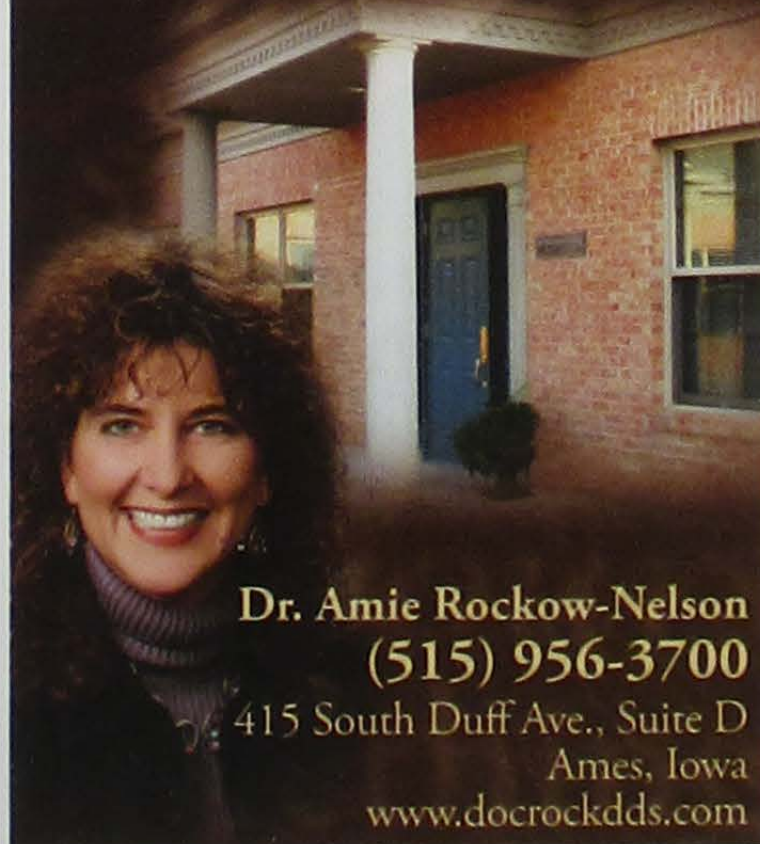
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Your home: Investment or haven?

The overwhelming consensus is that financially savvy consumers own their home.

Statistics provided by the U.S. Census Bureau support that notion; almost 70 percent of us own our home. Even IRS rules encourage home ownership by offering tax deductions for mortgage interest and real estate taxes.

What really motivates home ownership?

Left-brain reasoning is that a home is an investment. Even if the value of your home does not soar, as homes once did, home ownership does create a forced savings, and eventually you will have significant equity (money) in your home.

Right-brain thinking is that we strive to own our home for the emotional and creative satisfaction that comes from owning our space. Our home can be a haven, our own unique space that reflects our identity.

PRACTICAL CONSIDERATIONS

Best practices suggest you have a 20-percent down payment. If you don't have 20 percent, you may need mortgage insurance or qualify for a more expensive combination of mortgages. Even if you do not have the suggested 20 percent, save as much as you can. The larger the down payment, the more likely your mortgage will be approved.

HOW MUCH TO BORROW

The real question is, "How big a house can you buy?"

Typically a bank wants your monthly payment — principal, interest, property taxes and home owners insurance — to equal 28 percent of your pretax income. Try the calculators at www.hsh.com to determine how much home you can afford.

Ask your lender for an itemized list of additional costs you will be expected to pay when you close the loan. Knowing the exact amount you need will help you avoid an unpleasant surprise.



**KAREN
PETERSEN**



By Ryan McVay/ThinkStock

PREAPPROVAL

Ask your lender for a preapproval letter. You will need to provide proof of your income, employment and the amount of the down payment. You will also need to authorize the lender to do a credit check. (You can check your credit score at www.annualcreditreport.com.)

This letter may put the seller at ease and make it more likely your bid will be accepted.

RATE AND LENGTH

Fixed interest rates on mortgages are at historic lows. The adjustable rate mortgages may be even lower, but someday the adjustable rate mortgages will go up. Choose a fixed rate mortgage. Carefully consider what length of mortgage you want.

Notice how the length of your loan affects the payment and the interest rate.

Mortgage	Length	Rate	Monthly payment
\$150,000	15 year fixed	3.322%	\$1,054
\$150,000	30 year fixed	4.041%	\$716

Make sure the amount you borrow and the payment fit your financial situation.

Carefully consider both financial facts and emotional needs as you purchase a home. Because life is ... more than money. ♦

Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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The treadmill in the bedroom has been known to store clothing, but reducing the inconvenience of leaving the house or making another stop can make fitting fitness in more likely even on the craziest of days.

Convenience is a big boon. Home exercise options are better than ever and accommodate any budget.



DEBRA ATKINSON

Consult with a fitness professional about how the following options might expand your home exercise options and help you meet your fitness goals.

TUBING: Exercise tubing of various lengths creates resistance without a lot of bulk, and it is great for small spaces and traveling. You can purchase tubing locally starting at \$8. Seek pulling-style exercises to enhance posture.

STABILITY BALLS: Large exercise balls, often called stability or physio-balls, are used for lower body and core exercises and serve as a bench for upper body exercises. They come in a variety of sizes based on height. Follow manufacturer's guidelines to find the correct diameter for your height. Ball prices start around \$20.

MEDICINE BALLS: A medicine ball offers a unique way to play with resistance. Four or six pounds is a good starting weight for a variety of functional, core and resistance training exercises. You can find a four-pound ball for about \$15.

YOGA MAT AND BLOCK: Practicing one or two targeted moves daily will serve you far better than a once-a-week hour-long session alone. Get help determining which asanas fit your needs and learn the proper modification for you. You can set up your in-home yoga space with a mat and block for \$15 and \$13, respectively.

FITNESS DVDS: Get variety and instruction for your living room with DVDs. Ask a fitness professional for recommendations instead of the retail sales clerk. Check video reviews and watch clips online before you buy to ensure you are getting what you need. Prices range from about \$13 to \$40.

DUMBBELLS: A five-pound set of dumbbells is ideal for smaller muscle group stimulation, such as shoulders. A three-pound pair might sound small, but when you focus on stabilizers, less is more. A 5-pound pair of dumbbells runs about \$12.

BOSU: The BOSU, a device that looks like the top half of a stability ball, has become a popular staple in the gym environment. It offers options for cardiovascular and resistance training and core exercises, all of which have a balance component. Occasionally, you can find a BOSU for sale locally, otherwise you can find one online at www.bosu.com for \$109.

NINTENDO WII: For interactive fun with your home fitness, the Wii video game system offers a little more for the technologically advanced crowd. You can get started with a variety of programs for about \$150.

TRX: The TRX, which resembles gymnastics rings, boasts suspension training. It can accommodate a variety of resistance training needs, travels easily, allows exercise for most muscle groups, and uses the core in every exercise. Disadvantages include risk of injury from doing too-advanced positions too soon or triggering already problematic upper back and neck issues. Find one at www.trxtraining.com for about \$200. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.

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